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Updated Verified 010-111 Downloadable Printable Exam Dumps

ACSM Certified Personal Trainer 010-111 Exam

ACSM Certified Personal Trainer 010-111 Exam which is related to ACSM Certified Personal Trainer Certification. This exam validates the Candidate ability to lead and demonstrate safe and effective methods of individual exercise leadership by applying the fundamental principles of exercise science. It also deals with the ability to write appropriate exercise recommendations. This exam verifies the Candidate have strong understanding and skills to motivate individuals to begin and continue practicing healthy behaviors.

QUESTION 121

What is the smallest contractile unit of a muscle cell?

- * Myofibril
- * Sarcomere
- * Myosin
- * Sarcolemma

Section: Volume C

QUESTION 122

Which of the following is true about energy contents?

- * fat = 9 kcal/gram, carbohydrate = 7 kcal/gram, water = 0 kcal/gram
- * carbohydrate = 7 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram
- * water = 0 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram
- * protein = 9 kcal/gram, fat = 4 kcal/gram, carbohydrate = 4 kcal/gram

Section: Volume B

QUESTION 123

What is the leading cause of non-cardiovascular death in young athletes?

- * Contact Sports Injuries
- * Anemia
- * Hypothermia
- * Overheating

QUESTION 124

What happens to the muscle during isometric tension development?

- * Shortening of the muscle
- * Lengthening of the muscle
- * No change in the length of the muscle
- * Relaxation of the muscle

QUESTION 125

Which of the following practices are NOT recommended for persons with asthma who desire to participate in a strenuous aerobic exercise program?

- * Exercise in an environment with warm, moist air.
- * Self-administer prescribed medication as directed prior to or during the exercise session.
- * Use a short, intense warm-up.
- * Use a scarf or surgical mask in front of the mouth if exercising in cold weather.

QUESTION 126

What does the sit-and-reach test assess?

- * Trunk flexion
- * Trunk extension
- * Shoulder extension
- * Shoulder flexion

Section: Volume C

QUESTION 127

Which of the following is a limiting factor when using the body mass index (BMI) to determine obesity and disease risk?

- * Body density must be computed or estimated first.
- * Skinfold thicknesses must be measured first.

- * Fat and lean tissue weights are not differentiated.
- * Underestimates individuals with above average muscle mass.

Section: Volume B

QUESTION 128

Which of the following correctly describes the technique used in PNF (Proprioceptive Neuromuscular Facilitation)?

- * Passively moving the muscle in dynamic motion to increase flexibility.
- * A contract-relax sequence to relax the muscle stretch reflex mechanism.
- * Using muscle contraction of the extensors followed by muscle contraction of the flexors.
- * The required period of exercise for eliciting adaptation.

Section: Volume A

QUESTION 129

When developing an exercise prescription for a client visiting a high altitude environment (over 1500 m), the personal trainer should be aware that _____.

- * it may take about a week to fully acclimate to the altitude
- * it may take up to two weeks to overcome decreased exercise performance
- * submaximal heart rate would be lower during the exercise session
- * aerobic capacity is reduced due to higher partial pressures of oxygen

QUESTION 130

The acronym IDEA includes which of the following steps to solve a problem?

- * Identifying the client's response
- * Developing a list of solutions
- * Evaluating the client's response
- * Analyzing the consequences

Section: Volume B

QUESTION 131

What type of learner would benefit from a handout with written instructions?

- * Visual
- * Aesthetic
- * Auditory
- * Kinesthetic

QUESTION 132

Which may decrease as a result of chronic aerobic training?

- * Oxygen consumption at any given absolute workrate.
- * Plasma triglyceride levels
- * High-density lipoprotein (HDL) levels
- * Lactate threshold

QUESTION 133

When reading the label on a new energy bar, you notice that the bar is sweetened with fructose.

Based on this label, which of the following conclusions can you make about this product?

- * The bar is sweetened with a disaccharide.
- * Fructose in this bar would give it a high glycemic index.
- * The bar is sweetened with a monosaccharide.
- * Fructose is a type of organic micronutrient.

Section: Volume B

QUESTION 134

Which of the following is NOT true regarding a properly administered informed consent form?

- * It provides an explanation of all procedures to be performed.
- * It releases the facility and personnel from liability.
- * It provides an opportunity for inquiries.
- * It encourages and implies confidentiality.

QUESTION 135

Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

- * Diabetes
- * Hypertension
- * Cigarette Smoking
- * Hypercholesterolemia

QUESTION 136

What is the predominant factor causing increases in strength during the initial weeks of training?

- * Changes in whole muscle cross-sectional area
- * Increases in overall limb circumference
- * Improvements in neuromuscular adaptation
- * Increases in muscle-fiber cross-sectional area

Section: Volume A

QUESTION 137

A routine pattern of adhering to and documenting compliance with fitness industry guidelines is often an effective guard against _____.

- * Breach of contract
- * Malfeasance
- * Negligence
- * Malpractice

The ACSM 010-111 (ACSM Certified Personal Trainer) Exam is a certification exam designed to test the knowledge and skills of individuals who want to become certified personal trainers. The exam is developed by the American College of Sports Medicine (ACSM), a professional organization that provides education, certification, and research in the field of sports medicine and exercise science. The ACSM 010-111 exam covers various topics related to personal training, including exercise physiology, biomechanics, nutrition, and program design.

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